







Nutrition Office  
716-438-4031

# Eat Well...Stay Well Dining

## OCTOBER 2025 - Menu for Dining Sites

Niagara County  
Office for the Aging

Monday	Tuesday	Wednesday	Thursday	Friday
<b><u>Have you submitted your Early Outreach HEAP application yet??</u></b>	<i>Contact the Office for the Aging for help with your HEAP application today!</i>  <b>716-438-3030</b>	<b>1) Sweet and Sour Pork w/ Fortune Cookie</b> Seasoned Brown Rice Stir-Fry Vegetable Blend Wheat Bread Sliced Peaches	<b>2) Homemade Mac and Cheese Casserole</b> Seasoned Broccoli Rye Bread Fresh Grapes	<b>3) Turkey and Cheese Sub w/ Lettuce, Tomato, Onion</b> Italian Pasta Salad Fresh Spinach Salad Wheat Hoagie Roll Fresh Orange PC Mayo
<b>6) BBQ Chicken Thighs</b> Baked Sweet Potato Seasoned Green Beans Corn Muffin Fresh Watermelon	<b>7) Cheese Tortellini w/ Meatballs and Tomato Sauce</b> Garden Salad Italian Bread Deluxe Fruit Cup PC Parm, Dressing	<b>8) Baked Homemade Meatloaf w/ Gravy</b> Scalloped Potatoes Mixed Vegetables Wheat Dinner Roll Tropical Fruit Cup PC Ketchup	<b>9) Turkey Ala King Over Egg Noodles</b> Seasoned Cauliflower Wheat Bread Homemade Pear Crisp w/ Whipped Topping 	<b>10) Sliced Baked Ham</b> Mac and Cheese Broccoli Salad Rye Bread Fresh Honeydew Melon
<b>13) Columbus Day</b>  <b>No Meals Served</b>	<b>14) Egg and Broccoli Frittata</b> Minestrone Soup w/ Crackers Stewed Tomatoes Muffin Banana 	<b>15) Goulash</b> Caesar Salad Italian Bread Fresh Cantaloupe PC Parm	<b>16) Roast Pork w/ Gravy</b> Cheesy Mashed Potatoes California Vegetable Blend Wheat Dinner Roll Cinnamon Applesauce	<b>17) Breaded Chicken Sandwich w/ Lettuce, Tomato, Onion</b> German Potato Salad Seasoned Wax Beans Wheat Hamburger Bun Fruited Gelatin w/ Whipped Topping PC Mayo
<b>20) Spaghetti and Meatballs w/ Tomato Sauce</b> Garden Salad Italian Bread Mandarin Oranges PC Parm, Dressing 	<b>21) Greek Seasoned Chicken Breast w/ Feta</b> Greek Seasoned Rice Marinated Vegetable Salad ½ Wheat Pita Tropical Fruit Cup PC Greek Dressing	<b>22) Stuffed Cabbage Roll Casserole</b> Seasoned Spinach and Tomatoes Wheat Bread Banana	<b>23) Chicken Stew</b> Mixed Vegetables Biscuit Heavenly Hash	<b>24) Ham Salad Sandwich w/ Lettuce, Tomato, Onion</b> Broccoli and Cheddar Soup w/ Crackers Tomato and Cucumber Salad 2 Slices Wheat Bread Fresh Grapes
<b>27) 2 Cheese Manicotti w/ Tomato Sauce</b> Broccoli Salad Italian Bread Apricots PC Parm	<b>28) Chili Con Carne w/ Crackers</b> Seasoned Green Beans Corn Bread Fresh Cantaloupe	<b>29) Sliced Turkey Breast w/ Gravy</b> Butternut Squash Seasoned Peas Cinnamon Raisin Bread Sliced Pears 	<b>30) Bone-In Pork Chop</b> Au Gratin Potatoes Bavarian Sauerkraut Rye Bread Deluxe Fruit Cup	<b>31) Cheeseburger Supreme w/ Lettuce, Tomato, Onion, Pickle</b> Sweet Potato Wedges Parslied Cauliflower Wheat Hamburger Bun Sliced Peaches PC Ketchup, Mustard <b>Happy Halloween!</b> 

All meals are served with bread, butter, and 1% milk, coffee or tea. Eat Well...Stay Well Lunch Sites are located throughout Niagara County.

Call 716-438-4031 for more information.

Suggested Contribution for meals is \$3.25. Menus are subject to change without notice. This is a Niagara County Office for the Aging Program serving the population age 60 and older.

Menus approved by Connor Abbott, RD FINAL Copy 8/12/25